

# Chicken or Turkey Chowder

Meal Components: Vegetable, Meat / Meat Alternate

Soups & Stews, H-01

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh onions, chopped	7 oz	1 ¼ cups	14 oz	2 ½ cups	1. In a heavy pot, sauté onions, celery, and carrots in oil until tender, about 5 minutes.
OR		OR	OR	OR	
Dehydrated onions		½ cup 2 Tbsp	2 ½ oz	1 ¼ cups	
*Fresh celery, ¼" diced	3 ½ oz	¾ cup 1 Tbsp	7 oz	1 ½ cups 2 Tbsp	2. Add chicken or turkey, chicken or turkey stock, potatoes, salt, and pepper. Bring to a boil over medium heat. Reduce heat and simmer uncovered for 30 minutes, until potatoes are tender.
*Fresh carrots, peeled, ½" diced	3 ½ oz	1 cup	7 oz	2 cups	
Vegetable oil		¼ cup		½ cup	
*Chicken or turkey meat, cooked, diced	1 lb 3 oz		2 lb 6 oz		
Chicken or turkey stock, non-MSG		2 qt		1 gal	
*Fresh potatoes, peeled, ¼" cubed	15 oz	2 cups	1 lb 14 oz	1 qt	

Ground black or white pepper		½ tsp		1 tsp	
Lowfat 1% milk, hot		2 cups		1 qt	3. Stir in hot milk and parsley. Simmer for 3 minutes.
Dried parsley		2 tsp		1 Tbsp 1 tsp	
Cornstarch	2 oz	½ cup	4 oz	1 cup	4. Dissolve cornstarch in cold water and add to simmering soup. Whisk to combine. Simmer until thickened, about 5 minutes. 5. CCP: Heat to 165°F or higher.
Water, cold		¾ cup		1 1/2 cups	6. CCP: Hold at 140°F or warmer. 7. Portion with 4 oz ladle (½ cup).

Notes

\*See Marketing Guide

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Mature onions	8 oz	1 lb
Celery	5 oz	10 oz
Carrots	5 oz	10 oz
Chicken, whole, without neck and giblets	3 lb 5 oz	6 lb 10 oz
OR	OR	OR
Turkey, whole, without neck and giblets	2 lb 9 oz	5 lb 2 oz
Potatoes	1 lb 3 oz	2 lb 6 oz

Serving	Yield	Volume
½ cup (4 oz ladle) provides ¾ oz of cooked poultry and ½ cup of vegetable.	<b>25 Servings:</b> 7 lb 4 oz	<b>25 Servings:</b> 3 quarts ½ cup
	<b>50 Servings:</b> 14 lb 8 oz	<b>50 Servings:</b> about 1 gallon 2 ¼ quarts

Nutrients Per Serving					
Calories	96	Saturated Fat	0.9 g	Iron	0.42 mg
Protein	7.31 g	Cholesterol	20 mg	Calcium	34 mg
Carbohydrate	7.39 g	Vitamin A	949 IU	Sodium	85 mg
Total Fat	4.09 g	Vitamin C	2 mg	Dietary Fiber	0.6 g